

# Instructions for when you are in isolation with a viral respiratory illness



**Canberra Health Services**

[health.act.gov.au](http://health.act.gov.au)

Isolation instructions – viral respiratory illness

## Wearing a mask

### How to put on your mask

1. Hold your mask over your nose, mouth and chin.
2. Bend the metal clip over your nose to help your mask sit firmly on your face.
3. If your mask has elastic loops, stretch the loops and hook them behind your ears.
4. If your mask has straps, tie them behind your head.
5. Clean your hands with alcohol based hand rub or soap and water to kill any germs.

### How to take off your mask

1. Hold the elastic loops or straps.
2. Take your mask off your face. Make sure you only touch the loops or straps of your mask when you do this.
3. Put your mask in the bin. Do not touch the front of your mask.
4. Clean your hands with alcohol based hand rub or soap and water to kill any germs.

### Important things to remember about wearing your mask

1. Do not touch the front of your mask while you are wearing it. Only touch the loops or straps.
2. Only use each mask once. We will give you fresh masks.
3. Don't take your mask off and on. This can spread germs.
4. If your mask gets wet, please put it in your bin or bag and use a new one.

## What do my visitors need to do?

Your family and visitors can also help us stop the spread of germs by:

- wearing a mask when they are in your room,
- cleaning their hands often. They can wash them with soap and water or use alcohol based hand rub
- staying home if they don't feel well.

We recommend where possible that people (especially children) don't visit you while you are in isolation.

### Accessibility

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## Why do I need to stay in a room by myself?

**You may have an illness that is easy for other people to get from you. To help stop the spread of germs, you will either:**

- be the only patient in your room
- OR
- share your room with another person who has an illness like yours.

**This is called being in isolation. You will still receive quality care from the staff looking after you.**

When you are in isolation, all staff will wear a mask and may wear a gown and gloves when caring for you.

We will care for you in isolation until:

- you leave hospital
- OR
- your symptoms are better and your temperature is normal. (Your temperature will need to be normal for 24 hours without any paracetamol or similar medicine.)

## What do I need to do?

You can do the following to help stop the spread of germs.

- Clean your hands often. It is important to clean your hands after coughing, sneezing, or touching your face.
- Only use tissues once. Make sure you put used tissues in a bin or bag provided. If your bin or bag is full, please let your nurse or cleaner know. They will replace it.
- If you don't have a tissue, cough or sneeze into your sleeve or elbow. You can ask your nurse for more tissues.
- Try not to touch your eyes, nose or mouth.
- Wear the mask we give you whenever you leave the area around your bed. If you are sharing a room, it is important you wear your mask when you use the bathroom or leave your room for tests or x-rays.
- Don't have any physical contact with other patients or their visitors.
- Please tell the ward staff if a cleaner does not clean your room every day.

## Cleaning your hands

### To clean your hands using alcohol based hand rub:

1. Take off all rings, bracelets and bangles.
2. Cup your hands and squirt one or two pumps of hand rub into your hands.
3. Rub your hands together, making sure you cover all of your hands with the liquid, including the backs of your hands and between your fingers.
4. Wait for your hands to dry. This can take 20 to 30 seconds.

### To clean your hands using soap and water:

1. Take off all rings, bracelets and bangles.
2. Wet your hands with clean, running water.
3. Put some soap on your hands. This can be from a bar of soap or liquid soap.
4. Rub your hands together, making sure you cover all of your hands with a soapy lather, including the backs of your hands and between your fingers.
5. Continue to rub your hands together for another 20 seconds.
6. Rinse your hands well, making sure all soap is removed.
7. Dry your hands with a clean towel or paper towel. Make sure you dry the backs of your hands and in between your fingers.